



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)



Your Recreation Department is offering an array of events throughout the month of October.

... **Recreation Facilities are offering new fall classes** including full body exercise, pilates, guitar lessons and hip hop as well as old favorites such as judo, karate, Hawaiian dance and more. Session Dates are October 6 – December 22, 2014. Please visit [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec) for registration information.

**Heritage Halloween Activities** - **Heritage Community Center**, 1381 East Palomar Street, will host a pumpkin decorating and costume contest. Wear your favorite costume and we will provide the pumpkin to decorate! The event will be held **on Friday, October 24, from 2 to 5 p.m.** Please register by October 22 at (619) 421-7032.

**Fall Fest** - Everyone is invited to the free **Fall Fest at Loma Verde Recreation Center**, 1420 Loma Lane, **on Friday, October 24**. From 3 to 5 p.m., enjoy activities for all ages including games, prizes, food, photos and a costume contest. For more information, call (619) 409-1939.

**Crafts at Monteville** — **Monteville Recreation Center** located at 840 Duncan Ranch Road is hosting FREE CRAFT Day **every Thursday in October from 4-5 pm**. Participants will have an opportunity to create Spooktacular crafts to take home. Stop by on October 9 for Spooky Witch; October 16<sup>th</sup> for Skeleton Flags, October 23 for Paper Plate Ghosts or October 30<sup>th</sup> for Mason Jar Jack-O-Lanterns. For additional information please call (619) 691-5269

**Little Tykes Costume Carnival** – **Monteville Recreation Center** (located at 840 Duncan Ranch Road), is hosting their annual Little Tykes Costume Carnival on Sunday, October 26, from 5:30-7:30pm for children ages 2-6. Staff will be offering age appropriate games, a cake walk, an age appropriate spooky movie, a spooky walk, snacks and drinks, arts and crafts, a costume contest, and plenty of prizes for all. Sign up early because there is limited availability for this event. The fee is \$6 for Chula Vista Residents and \$8 for Non-Residents. **Call (619) 691-5269 for more information**

**Pumpkin Carve and Pumpkin Decorating** – On Wednesday October 29 Monteville Recreation Center (located at 840 Duncan Ranch Road), will be having their annual pumpkin carve and decorating event. Two sessions are being offered: from 3:30-4:15pm children ages 2-6 yrs will be getting a pumpkin to decorate and take home to display for Halloween. From 4:30-5:15pm children ages 7-12yrs will get a pumpkin to carve and decorate to display prominently at home. Along with creating the pumpkins, we will be serving snacks and drinks. The fee is \$6 Chula Vista Residents and \$8 Non-Resident. Call (619) 691-5269 for more information.

**Okto(Root)ber Fest** – Norman Park Center (located at 270 F Street) is holding a Okto(root)ber Fest on Thursday, October 23 from 11:30am-1pm. In honor of Oktoberfest, stop by the Center to enjoy a rootbeer float and socialize with your friends. Open to those 55+

**Decorate Your Own Pumpkin** - Participants are invited to bring an uncarved pumpkin to the **Otay Recreation Center, 3554 Main Street, on Wednesday, October 15, at 3 p.m.** Supplies will be provided to decorate your show stopping pumpkin! (619) 409-1999.

**Halloween Face Painting** - Bring the kids by **Otay Recreation Center on Tuesday, October 21, at 3 p.m.** for free Halloween face painting! Choices include pumpkins, bats, spiders and ghosts. (619) 409-1999.

**Halloween Carnival for Tots** - Preschoolers (ages 3-5) are invited to a free Halloween carnival on **Thursday, October 30, from 10 to 11:30 a.m. at Otay Recreation Center.** Costumes are optional for this fun event featuring activities, face painting, and more! (619) 409-1999.

**Halloween Costume Contest** for Grades 3-6 - Children in grades 3-6 are encouraged to enter a FREE Halloween costume contest on **Friday, October 31, at Otay Recreation Center.** The fun begins at 2 p.m. with judging in the following categories: funniest, cutest, scariest and most creative. (619) 409-1999.

**Halloween Carnival at Parkway** - Family fun is planned for **Friday, October 31, from 3 to 7 p.m. at Parkway Recreation Center, 373 Park Way.** Wear your costume and enjoy a costume contest, photos, games and food. Game tickets are 25¢ each or five for \$1. (619) 409-1980.

**Therapeutics Monster Mash** - **Therapeutics** is hosting a Monster Mash dance at **Parkway Community Center on Saturday, October 18.** The dance is for those ages five and up and will be held from 6 to 8 p.m. Wear your costume and dance to your favorite tunes. There will be refreshments and raffle prizes. Fee is \$6 for resident and \$10 for non-resident. **Call (619) 421-7032 for more information.**

**Halloween Celebration** - On October 24 from 1-3pm, **Veterans Park Center (785 E. Palomar St)** is hosting a Halloween Celebration. Participants ages 5 & up, will make a variety of Halloween

themed arts and crafts and play games. Costumes are Prizes will be awarded to the scariest, funniest, cutest, and most original costumes. **Call (619) 691-5260.**

**Winter/Spring Youth Coed Basketball** ... there's still time for boys and girls ages 8-14 to register for winter/spring youth coed basketball league. Fee is \$95 for the first child and \$75 for each additional child from the same family. Register by October 10. Evaluations are on October 17 for west side of City and October 18 for east side of City. Practice begins October 27th with league starting on November 15th. Championship game is on February 21, 2015.

**Introduction to Sailing** - children ages 12-18 have a unique opportunity to participate in the **Introduction to Sailing class** offered October 11 to November 1. The Saturday sailing course will be held at the Chula Vista Yacht Club, located at 642 Marina Parkway, from 10 a.m. to 2 p.m. The course teaches basic sailing for the beginner and intermediate sailors, boating safety and responsibility, boat maintenance and boat crew skill on large boats. Cost is \$155 for residents and \$188 for non-residents. **Sign up now, call (619) 409-1999.**

**Bilingual art class** for artists of any level is being offered **at Norman Park Center, 270 F Street. Class will be held on Thursday at 2 p.m.** by artist Ofelia Alvarado and is designed for both Spanish and English speakers. Bring your own supplies. Also at Norman Park is shuffleboard every Tuesday and Thursday at 9 a.m. Games are perfect for people of all different skill levels and athletic abilities. **Call (619) 409-1930** for more information on either class.

**After School Tutoring** - beginning October 7 through December, **Salt Creek Recreation Center, located at 2710 Otay Lakes Road**, is offering a monthly After School Tutoring program. Designed for students ages 6-14, sessions will be **held each Tuesday and Thursday from 3:30 to 4:45 p.m.** A trained tutor will teach skills and behaviors for academic success as well as assist your child with their subject of difficulty. Fee for the month (either October or November) is \$25 and \$19 for the month of December. Space is limited; please call (619) 585-5739 for registration information.

**Learn to Play Field Hockey** is being offered to boys and girls ages 4-13 to teach them how to play hockey and how to use the equipment. Two classes will be held on Saturday mornings **at Salt Creek Community Center: 9 to 10 a.m. for 4-8 year olds, and 10 to 11 a.m. for 9-13 year olds. The session runs from October 11-December 6.** Registration is \$64 for Chula Vista residents; please call (619) 585-5739 for additional information.

**CarFit for Older Drivers** - Older drivers are invited to a free check on how their cars "fit" them for optimal safety and comfort. Sponsored by the Norman Park Center and AARP, the event will be held on **Thursday, October 9, from 10 a.m. to 2 p.m. at the Center.** Learn your proper steering wheel tilt, head restraint, visual blind spots and more from a trained CarFit technician. The CarFit check takes approximately 15-20 minutes and is not a driving evaluation. Appointments are required and can be made by calling (619) 641-7020.

**Maximize Your Brain Strength** - When people think about staying fit, they generally think about the body from the neck down. However, the health of your brain plays a critical role in almost everything you do. Plan to attend this presentation by the Alzheimer's Association of San Diego to learn what you

can do to help keep your brain healthier. Scheduled for Friday, October 10, from 9:30 to 10:30 a.m., at the Norman Park Center. Call (619) 409-1930 to reserve your seat.

**Cancer is Everyone's Concern** - Learn ways to increase prevention of cancer, warning signs, symptoms and treatment options on Monday, October 13, at 10 a.m. Sponsored by the Norman Park Center and Scripps Health, reserve your seat by calling (619) 409-1930.

**Men's Health Discussion Group** - Participants choose the topic regarding men's health at this monthly discussion to be held on Monday, October 13, from 12:15 to 2 p.m. at the Norman Park Center. Come hear general health advice specific to men led by Dr. Rosenblatt of Scripps Health Center. Call (619) 409-1930 for more information.

Swimming for Little Ones - Toddler Aquatics is scheduled from October 14-23, on Tuesday and Thursday, at the Loma Verde Aquatic Center, 1420 Loma Lane. Geared for children ages two and three, toddlers will learn skills such as submersion and survival floating, as well as an introduction to the fundamentals of swimming. The one-on-one series includes four 15-minute classes at a cost of \$40 for Chula Vista residents